

Gut India (GI)

Goodnature[®]

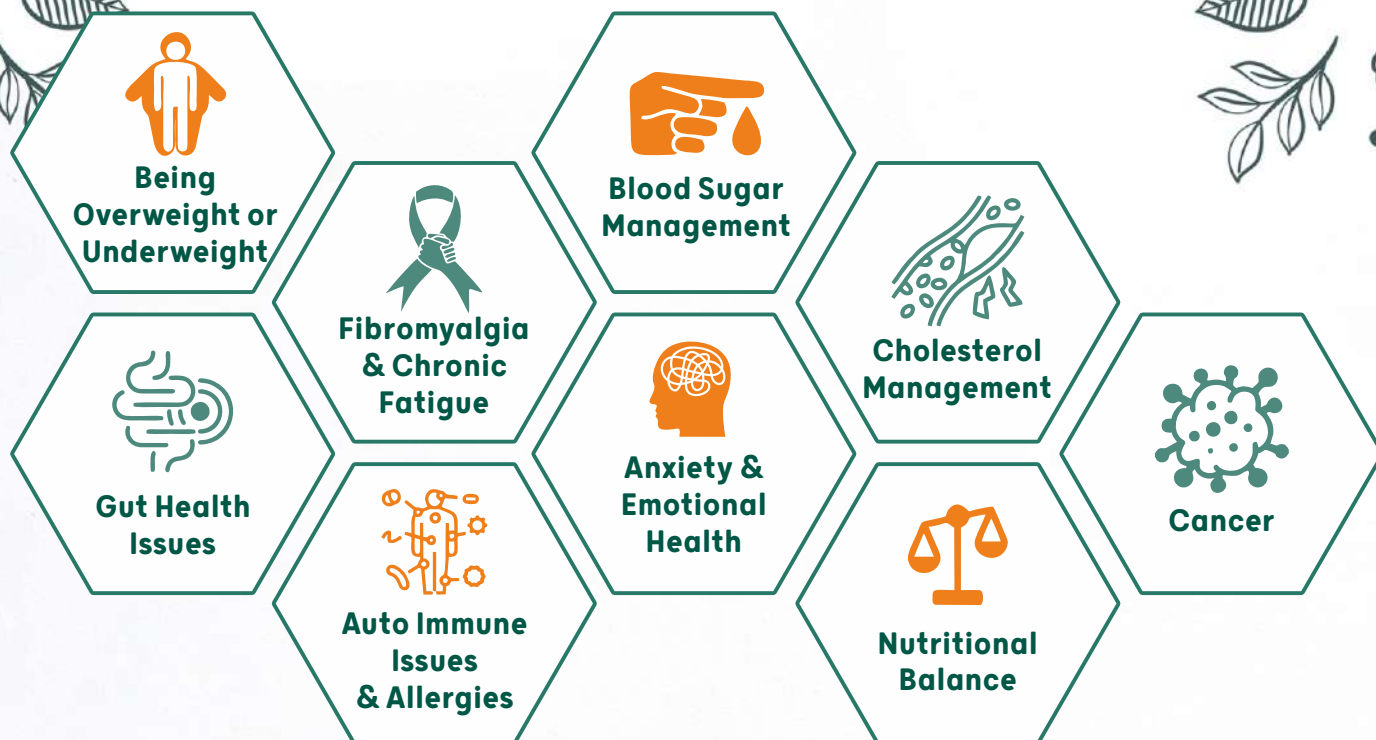
Co-create natural health solutions within your gut



INTEGRATIVE & FUNCTIONAL NUTRITION

WHO CAN BENEFIT ?

Those who are particularly looking for complementary or supplementary support for the following health issues



MAKE-IN-GUT PROTOCOL

You Are What You Eat & Absorb

Cleansing

Detox of gut

Correction

Microbiome based Diet and Lifestyle change, Gut Lining Healing Inputs

Co-creation

Probiotics & Prebiotics thru Fermented Foods, Fiber

Caring

Nutrients, Antioxidants, Whole Food Supplements





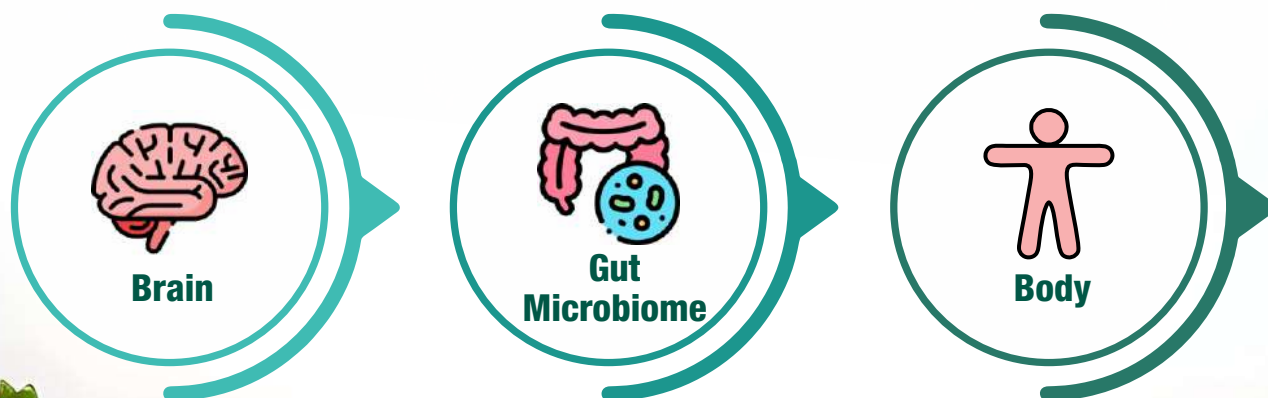
" Make-In-Gut " Protocol takes each individual's body metabolism and respective body condition into account. The duration, therefore, is highly personal. In general, it would require any wellness seeker to devote a minimum of 12 weeks of protocol time before he or she can have experience of comprehensive wellness.

- ✓ Unique approach will focus on addressing the root cause of the health issue
- ✓ As all chronic ailments gradually respond to the natural methods adopted in the protocol, participants will report fewer or no hospital visits.
- ✓ The protocol can be safely practiced from the comfort of one's home.

We at **Goodnature®** have the ideology of no quick fix meal replacements, no synthetic nutrients, no crash diets, only gut microbiome friendly deep nutrition & whole food supplementation.

INTEGRATIVE & FUNCTIONAL NUTRITION

Our approach of considering health and wellness from the perspective of a "*Whole Person*" has its genesis from the general focus of modern treatments, which have an approach of considering the human body as a conglomerate of parts. Whole Person Universe comprises of Body, Microbiome and the Brain as depicted in the picture. Most people use self-care practices that target specific issue, it is important to nurture the whole person. When the whole is restored, the part most nearly recovers.





There is a misconception that the Integrative & Functional Nutrition approach to self-care, which uses natural products has to be isolated from treatment. Actually both modern medicine and alternative complementary methods have a strong synergy with "Integrative & Functional Nutrition", when used appropriately. We definitely insist on the participation of your Physician or treating Doctor, for all decisions with regards to your wellbeing. Hence, if medical treatment is needed in the short or long term, then use it. But let's complement wherever needed with lifestyle structuring and supplement with natural nutrients. This is necessary to avoid masking or hiding the root cause.

NURTURE OVER NATURE

"As a man thinks, so he is". ----- Ancient Wisdom

- ✓ For an individual made up of cells, the cells clearly perceive their environment and community of cells. Their immediate surrounding is altered on moment-to-moment basis by nutrients, toxins, microbiome interactions and thoughts of the individual.
- ✓ There are a hundred times more microbial genes present in our microbiome than our own human genes.
- ✓ Microbial genes turn on and off in response to what we do.
Our genes turn on and off in response to what our microbes do.

This in turn influences the "gene expression" more than the inherited DNA, resulting in **nurture overruling nature**.

Our goal is to empower the individual, gradually gravitating towards preventive care, rather than quick fix remedial measures. Our belief is that a preventive approach towards health care will definitely provide sustainable solutions, towards a physically, microbially and mentally balanced human body. This in turn will ensure.....radical wellbeing





INTEGRATIVE & FUNCTIONAL NUTRITION CONSULTING ENGAGEMENT

A) GUT INDIA (GI) COACHING - THREE MONTHS PROGRAM

The process of Consulting (three months program) for wellness participants will be as described below:

- ☑ Sign Up - We will attach the Bank details... Professional Fees of Rs 47200/- (40000 + 18 % GST) per person, are to be transferred upfront .
 - ☑ We will post the questionnaires for information compilation. You should fill them up to convey your present condition, holistically and also past health.
 - ☑ On the basis of questionnaire response, personal discussions and the **medical records..... we will design your Biochemical Parameters Evaluation Tests needed.
 - ☑ You will share the test reports, on receiving from the Diagnostic Centre.
 - ☑ We will do analysis of the biochemical parameters and design your Integrative & Functional Nutrition - Recommendations
 - ☑ We will then plan a one - on-one consulting session online * or @ office, wherein we will explain your strengths and concerns and the way forward with your Integrative & Functional Nutrition Recommendations.*
 - ☑ We will do hand holding for a period of three months, during which we can exchange WhatsApp texts. We can also plan an online meeting, if needed, mid- process for direct interaction.
 - ☑ Once your program ends, we will design maintenance protocols for the next one year, which will support your radical well-being journey.
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B) GUT INDIA (GI) - CONSULT

One hour exclusive consulting session (single), either online or in personal presence. We dive deep into your health history, analyse past things that helped or hurt you. Review old lab results, talk about natural health solutions via Gut - Brain - Body Axis.

(During your consult, please be in a distraction free environment.)

Professional Fees 5900/- (GST incl).

CONCLUSION

Together we can start the process of health restoration, increased liveliness, joyful vitality, stronger immunity and a more productive life.





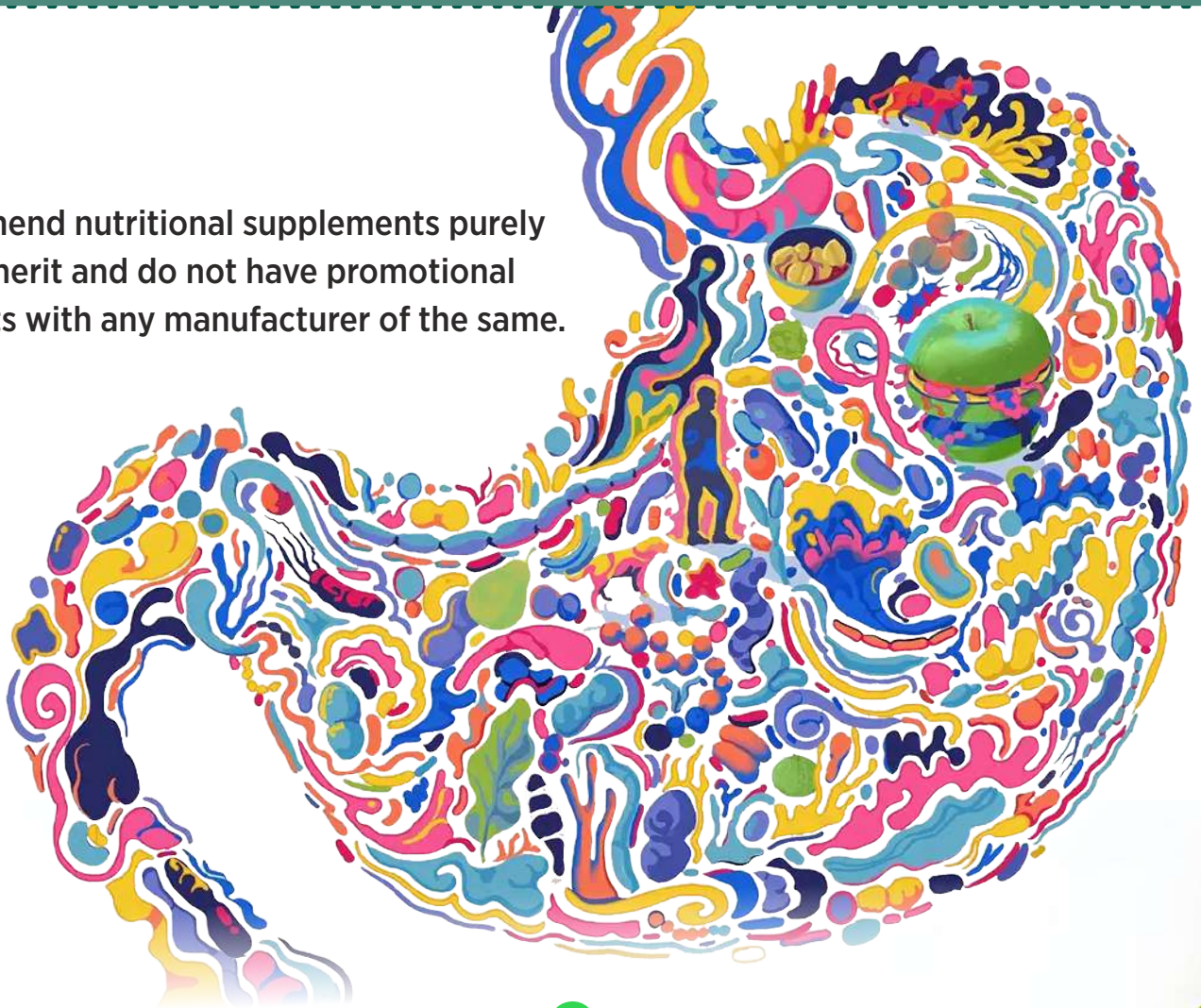
DISCLAIMER

The GI Coach of " **Goodnature** "

will not diagnose disease. You should consult a Physician or your regular Doctor before undergoing any nutritional, dietary or food supplement changes. This information is not a substitute for, nor does it replace, professional medical advice, diagnosis or treatment.

Usage: Start with an allergy test before consuming possible allergens known to you.

We recommend nutritional supplements purely on their merit and do not have promotional arrangements with any manufacturer of the same.



 +91 8977501295

 gutindiacoach@gmail.com

 gutindia.com

